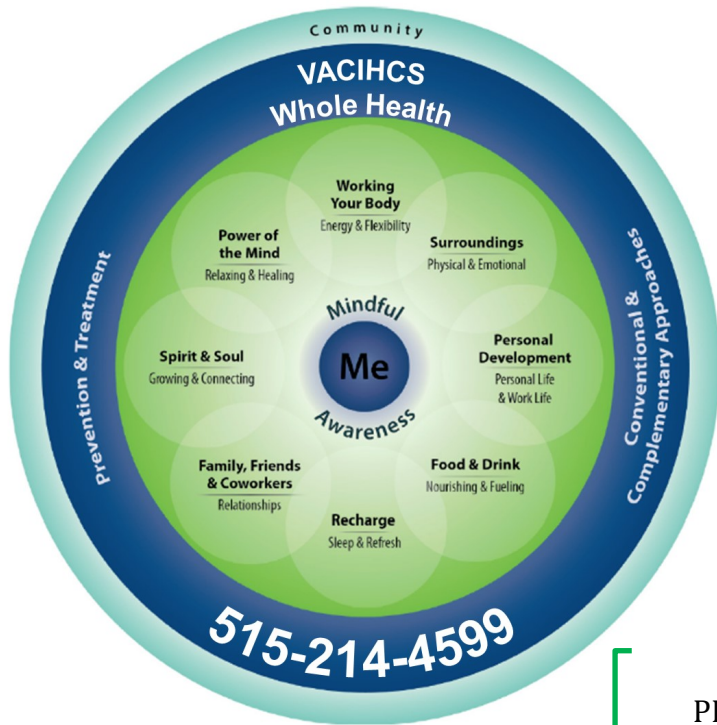


WHOLE HEALTH



Whole Health is an approach to health care that **empowers** and **equips** people to take charge of their health and well-being, and live their life to the fullest. Whole Health goes beyond illness, injuries, or disabilities. It focuses on individual motivations and includes self-care and complementary therapies (such as acupuncture, mindfulness, and yoga), along with existing medical care. Whole Health strives to engage patients as a more active partner in their health care team.

Questions or want more info?

Contact Dr. Kinderdietz,
Clinical Director, x4177 or
Josh Mulder, Health Coach,
x5984.

PLEASE JOIN US FOR A
**WHOLE HEALTH
ORIENTATION**

No RSVP necessary

Date	Time
March 10 — Bldg 4	11am-12pm
March 24 — Bldg 4	11am-12pm
April 7 — Bldg 4	11am-12pm

Chair Yoga	Tuesdays, 2pm—3pm
Mat Yoga	Thursdays, 4pm—5pm
Trauma Yoga	Tuesdays, 9am—10am AND 5pm—6pm
Mindfulness #9992512004	Thursday, 2pm—3pm
Pain 101/102	Every 1st and 3rd Wednesday, 1pm—2:30pm
Pain 103/104	Every 4th Wednesday, 1pm—2:30pm
Tai Chi	Wednesdays, 4pm—5pm
Cognitive Behavior Therapy for Pain #99925321247	Fridays, 11:00am—12:00pm
Taking Charge of My Life and Health #9992512023	Mondays, 1:00pm—2:00pm

Check out the list of free and approved apps
by the VA!!!!

<https://mobile.va.gov/appstore/>

Just Show Up! Drop-in and Try a Class!

ALL CLASSES HELD IN BUILDING 7M, ROOM 101 unless otherwise noted.

MARCH 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 1pm–Taking Charge of My Life and Health	3 9am–Trauma Yoga 2pm–Chair Yoga 5pm–Trauma Yoga	4 12pm–Break Free From Tobacco 1PM – PAIN 101/102 4pm–Tai Chi	5 2pm–Mindfulness 4pm–Mat Yoga 7pm–Phone-Based Yoga Nidra	6 10am–Phone-Based Mindfulness 11am–CBT for Pain	7
8 <u>Day Light Savings Time</u>	9 1pm–Taking Charge of My Life and Health	10 9am–Trauma Yoga 1:30PM–HEALTHY KITCHEN (Canteen Dining Room) 2pm–Chair Yoga 5pm–Trauma Yoga	11 12pm–Break Free From Tobacco 4pm–Tai Chi	12 2pm–Mindfulness 4pm–Mat Yoga 7pm–Phone-Based Yoga Nidra	13 10am–Phone-Based Mindfulness 11am–CBT for Pain	14
15	16 1pm–Taking Charge of My Life and Health	17 9am–Trauma Yoga 2pm–Chair Yoga 5pm–Trauma Yoga	18 12pm–Break Free From Tobacco 1PM – PAIN 101/102 4pm–Tai Chi	19 2pm–Mindfulness 4pm–Mat Yoga 7pm–Phone-Based Yoga Nidra	20 11am–CBT for Pain	21
22	23 1pm–Taking Charge of My Life and Health	24 9am–Trauma Yoga 2pm–Chair Yoga 5pm–Trauma Yoga	25 12pm–Break Free From Tobacco 1PM – PAIN 103/104 4pm–Tai Chi	26 2pm–Mindfulness 4pm–Mat Yoga 7pm–Phone-Based Yoga Nidra	27 11am–CBT for Pain	28
29	30 1pm–Taking Charge of My Life and Health	31 9am–Trauma Yoga 2pm–Chair Yoga 5pm–Trauma Yoga				
Services in BOLD require prior registration and are NOT open door	<p>Phone-Based Mindfulness: dial 1-800-767-1750, access code 54220# Phone Based Yoga Nidra: dial 1-800-767-1750, access code 24953# HEALTHY KITCHEN: MUST REGISTER by calling 515-699-5999 x93956 IF ATTENDING ANY GROUP AT A CBOC, PLEASE CONTACT 515-323-1407 TO CONFIRM AVAILABILITY AND SCHEDULE VIA TELEHEALTH</p>					